



### Helping Hands Outreach IMPACT

July 1, 2022 – June 30, 2023



Meals



Dementia Library



Exercise Class



Christmas Cheer

Senior Driving Class



Foot Clinic



Respite

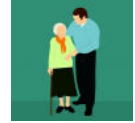
NuStep

Friendly Visits



330 Clients Served  
 72 New Clients  
 9,181 Total Service hours  
 88 Volunteers  
 11 New Volunteers  
 1,298 Volunteer Service Hours  
 589 one way rides  
 3,910 Meals Served  
 Serving Holdingford-St Stephen

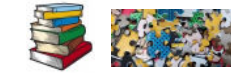
Caregiver Support



Transportation



Cards 500 & Cribbage



Book & Puzzle Library



Game Day



Equipment Lending



Chores



Holdingford Daze Bake Sale & Bingo



Best part of the numbers above is meeting each and every one of you!

All of us here at Helping Hands Outreach consider it an honor to be a part of this organization, serving the wonderful people in the communities of Holdingford, St Stephen, and Rice.

We look forward to making the New Year even better. Watch for new upcoming events and service opportunities.

And as always, you are welcomed and encouraged to stop in visit with us.



### Pre-Order Coffee Cakes!



We will be baking Poppy Seed, Raspberry Cream Cheese, and Apple Cream Cheese! The price will be \$15. We will take orders until December 8th. Please call the office to pre-order 320-746-9960.

Our Office will be closed on the following dates:

**November:** 23rd & 24th

**December:** 22nd & 25th

**January:** 1st

The week of **December 26th-29th** our office will be open 8am-12pm.

## Gifts of Cheer

**We will be collecting items for our Christmas Cheer packages again this year. These packages will be distribute in December to older adults in our area that could use a little extra Christmas cheer. Please feel free to drop items off at Helping Hands Outreach office during business hours.**

**Please drop off items by December 11th.**

Below is a list of needed items.

- \* Serving size packets of chicken and tuna
- \* Single serve coffee packets
- \* Single serve hot chocolate packets
- \* Fun size chips
- \* Single serve mac & cheese bowls
- \* Little Debbie/ Nutty Bars/ Doughnuts/ Cookie Packets
- \* Granola bars/Breakfast bars
- \* Individual servings of pudding/ fruit cups
- \* Laundry detergent liquid/ fabric softener liquid
- \* Puzzles (300 & 500 pieces)
- \* Toilet paper
- \* 13-gallon garbage bags
- \* Kleenex
- \* Pump hand soaps
- \* LED flashlights
- \* Chapstick
- \* Socks
- \* Mittens/ hats/ gloves
- \* Washcloths/ dish towels
- \* Toothbrush/ toothpaste
- \* Cans of soup/ individual soup cups
- \* Crackers
- \* Fun pack cereals (Little boxes)
- \* Instant oatmeal packets
- \* Juice boxes
- \* Local gift cards \$5-\$10 (gas/ shopping/ services/ restaurants)
- \* Large print sudoku/ word finds/ pencils/ gel pens
- \* Individual packets of peanuts/ nuts/ trail mix
- \* Individual wrapped candies



# Upcoming Events



There will be no monthly meals in **November!**

In **December**, there is a change to the monthly lunch & learn schedule.

St.Stephen - December 14th

Holdingsford - December 21st

## Monthly Lunch & Learns

**Social Starts 11:30**

**Meal 12:00**

**Speaker 12:30**

**Entertainment to follow**

**St. Stephen -**

St Stephen Church Hall

**Next Meal December 14th**

**Holdingsford -**

Holdingsford American Legion

**Next Meal December 21st**

**Monthly Lunch & Learns**

**Suggested Donation \$5**

Upcoming Speakers

December- The Blommel Family will be performing music!

## Exercise Classes

**Holdingsford City Hall**

Tuesday & Thursday 9:30-10:30 am

**Rice Lion's Building**

Tuesdays 12:30-1:30 pm

## Feet First Clinic

**Holdingsford City Hall**

1st Tuesday of the month

9:00 am—Noon

**Call Helping Hands for an Appointment 320-746-9960**

**Weekly Meals** Served at Noon

**Holdingsford-** Tuesdays at City Hall

followed by social hour and/or 500.

**St Stephen-** Wednesdays followed by 500.

October-December at The Rusty Nail

January-March at Trobec's

**Weekly Meals suggested donation \$6**

**FUN DAY**

## **Game Day**

Wednesdays 9:30-11:00

Helping Hands Office

No experience required



## **Cribbage**

Wednesdays 1:00- 3:00

Rice Lion's Building

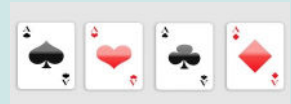


## **500**

Wednesdays 12:30- 3:30

St Stephen Trobec's or

Rusty Nail



If you or anyone you know is parting with medical equipment, let them know that Helping Hands Outreach will take it off their hands! We are currently looking for these items.

 HOT 

- In & Out Bath Benches
- Knee Scooters
- Grabbers



We have an assortment of incontinent briefs and pads in a variety of sizes.

If you or someone you know is in need of them, please stop in or give us a call.



### Our Spotlights of the Month!!

Check out our office window to see the questions and answers that our spotlights were asked!!

Each month we will be spotlighting Helping Hands Outreach members in our newsletter as well as the window in our office! Spotlighted members will be given a fun questionnaire to fill out. We are excited to highlight all our wonderful people.



### November-December

- |                   |                      |
|-------------------|----------------------|
| Helen Heisick     | Lois Angulski        |
| Philomene Stegura | Celia Coffield       |
| Doreen Smoley     | George Bieniek       |
| Arnold Stueve     | Gerald Ramler        |
|                   | Elizabeth Pogatshnik |

### Volunteer Opportunities

- **We are looking for volunteers to deliver 4-7 meals in and around Holdingford on Tuesdays.**
- Lunch & Learn— Looking for a Cook or Cooks to help plan and prepare our monthly meals in St. Stephen and Holdingford. We buy the supplies.
- Always looking for volunteer drivers in Holdingford and St. Stephen.

Call us at 746-9960 for more information!



## Upcoming Annual Appeal

That time of year again, where we humbly ask for your financial donations. It is only because of the generous support from all of you, that we are able provide the needed services and community events that enhance the lives of our older adults.

The HomeInstead (Give 65) matching donation, that we have had in the past, is no longer available. So there will be no time sensitive giving.

Check your mailbox for your Annual Appeal letter coming out around Thanksgiving.

However you choose to support Helping Hands Outreach, know that your support is very important and appreciated.

### Who Can Be a Caregiver?

The answer might surprise you. Anyone can be a caregiver and many are without even realizing it or classifying themselves as one. One in every 6 adults are caregivers, 59% are women, 24% are over 65, and 23% are providing care to someone with dementia.

A report conducted by the National Alliance for Caregiving (NAC) and AARP, found that caregivers are:

- 85 percent relatives
- 10 percent friends
- 3 percent neighbors
- 2 percent another non-relative



When a person requires care for those day-to-day tasks, most of the time, this care is provided by someone close to them, usually a relative.

Help for the caregiver can be found, and is often supplemented by, a hospice team, home health care, neighbors, hired nursing assists, and community support (like Helping Hands Outreach), however much of the physical and psychological stress still falls on the family caregiver. Due to the prolonged nature of caregiving, respite is very important. (RESPITE is the term used to offer relief or short term care services for the caregiver when they are absent or need a break.)

While the relative is usually the spouse or adult child of the care receiver, sometimes the caregiver isn't even old enough to manage their own legal or medical decisions.

According to the National Alliance for Caregiving, people in the U.S. between the ages of 8 and 18 care for over 1.3 million sick and/or disabled family members.

They perform a variety of tasks, with some of their responsibilities including:

- grocery/clothes shopping, cooking, cleaning, and laundry
- bathing, dressing, toileting, getting in/out of bed, on/off chairs, and feeding
- paying bills, and managing legal documents (advanced directive, power of attorney, will, trust, estate planning)
- making sure medications are taken correctly, manage behavioral symptoms and pain, supervise others who are assisting with cares/respite, and locate medical support systems.

## Office Hours

**Monday—Thursday 8 am—4 pm**

**Friday 8 am—2 pm**

### Wish list:

#### Bingo Prizes

- Large print Word Find & Sudoku books
- Cleaning Products
- Paper Products
- Shampoo & Conditioner
- Dollar Tree Items
- Cans of Soup

#### For the Office

- 300 & 500 piece Puzzles
- Printing Paper
- Coffee— Regular & Decaf.
- Lemonade Mix

## Helping Hands Outreach Board Members:

Peter Omann—Chair  
 Joe Christensen—Vice Chair  
 Lenore Dawson—Secretary  
 Judy Boulton—Treasurer  
 Mark Dorn  
 Joan Frie  
 Rod Harren  
 Carlena Johnson  
 Roger Justin  
 Sue Marstein  
 Deb Meier  
 Dorine Rausch  
 Violet Ritzer

Board Meetings 7:00 pm last Wednesday of the month.  
 No Board Meeting July & December.  
 Annual Meeting in September.

### Staff:

Denise Leahy  
 Executive Director-Rice Coordinator  
 Rhonda Zimmerman  
 Client Support/Caregiver Coordinator  
 Abby Tensen  
 Program & Service Coordinator  
 Iris Smoley Housekeeping



**Drop off your Teals Market receipts!**

We continue to accept and benefit from your Teals Market receipts. In 2023 we have received **\$1,037.26**

**In total we have received \$6,439.05.**

Thank you to Teals Market for your donation and to Linda Harren for coordinating this program.

### Ways to support Helping Hands

- ◆ Teals Receipts \*In-kind donations \*Volunteer your time
- ◆ Cash donations dropped off at the office or mailed to PO Box 293 Holdingford
- ◆ Through our website [www.holdingfordhelpinghands.org](http://www.holdingfordhelpinghands.org)
- ◆ Automatic recurring payment through your bank's bill pay service
- ◆ Designate Helping Hands from your Thrivent Financial account
- ◆ IRA Qualified Charitable Distribution
- ◆ Amazon Smile

Helping Hands Outreach is looking to contract with a Handyman on an on call basis. Our office has a general maintenance needs.

Please give us a call for more information.



**Donations in Honor of:**

Greg & Karen Knight in memory of Donna Warzecha  
 Darlene Kostreba in memory of Henry & Thomas Kostreba  
 Elmer & Genevieve Maciejewski in memory of Bill & Mike Maciejewski, Mike & Victoria Panek, John & Florse Maciejewski  
 Glen & Karen Solarz in memory of Rita Solarz  
 Idella Schneider in memory of Andy Rolfes  
 Rick & Bonnie Meier in memory of Laverne Woidylla  
 Patrick & Iris Smoley in memory of Dennis Smoley  
 Laverne Woidyla's family in memory of Laverne  
 Lydiksen Elementary School in memory of Allan Warzecha  
 Linda DeVetter-Dearborn in memory of Allan Warzecha

**Donations:**

Tom Fischer  
 Jessie Scepaniak  
 Frank Hard  
 Ken & Lucy Nathe  
 Rod & Liz Haberman  
 Holdingford Food Shelf  
 Stephen & Lola Blattner  
 David & Esther Hartwig  
 Thomas Kotscheuar  
 Hasso Briese American Legion &  
 Cheryl & Everett Bovy  
 Kathy Bussmann  
 Frank & Ione Patrick  
 Leona Maidl  
 Alvin & Carol Barthel  
 Chris & Julie Warren  
 Tom Schlangen

**Monthly Supporters:**

Joe & Sue Katzner  
 Larry Omann  
 Lloyd & Dorine Rausch  
 Ron & Irene Schmidt  
 John & Lisa Schmidt  
 Kathy Schueler  
 Ben & Holly Torrens  
 Don Stock  
 Joann Christensen  
 Vance Koller  
 Daniel Hovanas  
 Patrick Schlangen

**In Kind Donations:**

Rosemary Pundsack  
 Carol Terbreull  
 St. Francis Church & Rose  
 Ann Vos  
 Joe & JoAnn Christensen  
 Sara Bauer  
 Jim & Deb Boom  
 Maragaret Stang  
 Phylis Breath  
 Mary Ann Heitzmann  
 Tom Pierskalla  
 Kathy Wohletz  
 Sue Ressemann  
 Bernice Eiden  
 David Walker  
 Jean Peleske  
 Randy Schmidt  
 Sonia Browen  
 Kathy Bussmann  
 Larry Wenderski  
 Doreen Czech  
 Darlene Salitros  
 Katherine & Gary Fletcher  
 Mother of Mercy Women  
 Auxillary  
 Jim Thomas  
 Lorraine Mader  
 Peggy Anderson  
 Linda Maciej  
 Joe Baggenstoss  
 Susan Opatz  
 Robert Lane  
 Jeanette Stoldoka  
 Mike Trettel  
 Mary Butkowski  
 Kurt Pelzer  
 Kathy Warzecha  
 Bernie Frie

**Give 65 Donors:**

Myron & Linda Vanderweyst  
 Larry & Jane Legatt  
 Steve & Patricia Voss  
 Francis & James Breth

**THANK YOU!**



**Our Apologies if we fail to print your name in our Donor lists. Please give us a call so that we can correct it in our next newsletter.**

**Helping Hands Outreach**  
**PO Box 293**  
**Holdingsford, MN 56340-0293**

Non-Profit Org.  
 U.S. Postage  
 Paid  
 Permit No. 884  
 Waite Park, MN

*Helping Hands Outreach*  
 Our Vision-To create a community of support where older adults and their family caregivers feel valued and cared for while knowing the joy of aging in place, in a community where their needs are addressed, hopes encouraged, contributions recognized and lives celebrated.

ELECTRONIC SERVICE REQUESTED



**Eligible for Medicare?**

As a licensed agent. I can help you learn about Medicare plans including: Medicare Part D

Call me today!

**Ronald Scegura**  
 Scegura Insurance Agency  
 39002 County Road 9  
 Avon, MN 56310  
 Tel. 320-746-2582

When you ship with Brenny, you help us help our community!

8505 Ridgewood Rd.  
 St. Joseph, MN 53674  
**320-363-6999**  
**brennytruck.com**

**Brenny**  
 Providing asset-based logistics solutions WORLDWIDE!

Brenny driver Bill & family

**WE HAUL FOR YOU**

PROFESSIONAL MOVERS FOR YOUR HOME OR BUSINESS

- Product delivery, discard and debris removal
- We strive to exceed your expectations

D.O.T. 1144430  
 doug@wehaulforyou.com

**BBB MEMBER**

**DOUG LEGATT 320-250-2855**

We appreciate the support that we receive from the following foundations and agencies

